

Your Exercise Routine: Bridges

So, the next exercise we're going to do is called a Bridge. And the bridge is designed to actually strengthen your back, your gluteals and your hamstrings.

We do this exercise lying on the floor. Or actually it is perfectly appropriate to do this exercise on a bed, if getting on the floor and rising up from the floor is not comfortable.

The way we do this exercise is we're going to lie down on our backs. We're going to turn and lay down bending our knees, putting our feet flat on the floor, looking straight up at the ceiling.

All we do is we squeeze our buttocks, raising our buttocks up into the air, ideally so that you're a straight line between your shoulders and your knees. Then lower yourself down, barely touch the floor, and raise it up again ... and then lower down.

The bridge exercise actually helps to strengthen your lower back muscles, your buttocks and the muscles behind your legs or your hamstring muscles.

And like with the other exercises we're going to complete 10 of these and then we're going to take a break. Up ... and down.

Keep going ... up ... and down. Good.

Two more ... last one. Very good. Now go ahead and sit up.

Very good. That was awesome.